

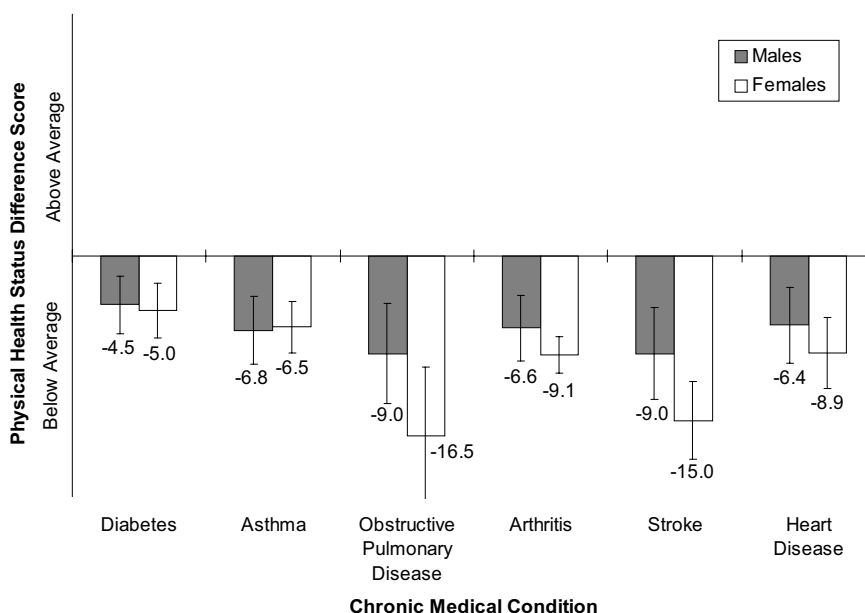
# **The Influence of Disease and Lifestyle on Quality of Life**

This section uses the Age-Specific Difference Scores for the Physical and Mental Health Composite Scales, and averages them across groups of persons with various health conditions. For each group mean, a confidence interval has been computed and presented in the figures. If the confidence interval for a group's mean difference score does not include zero (the age-specific average score) that group can be considered statistically significantly above or below average.

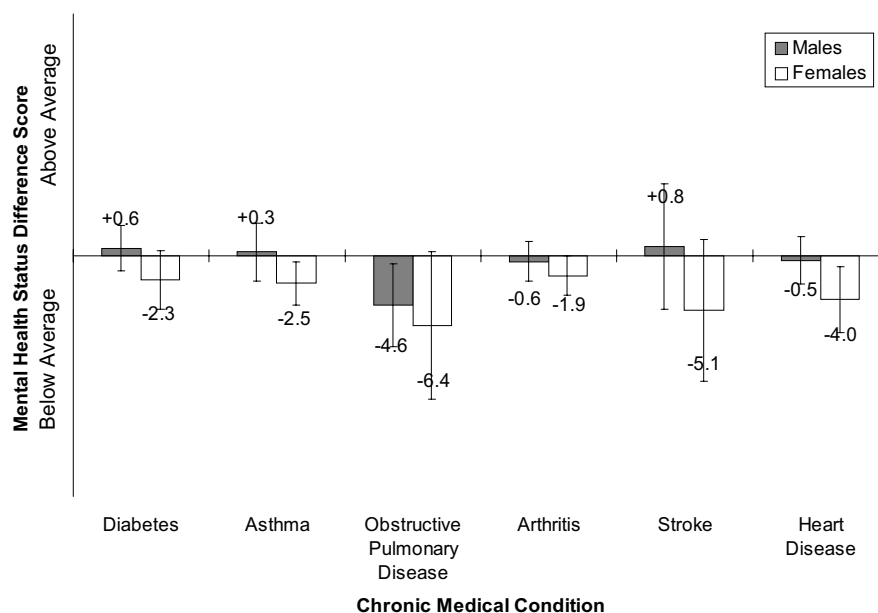
Some large differences in health outcomes emerge for persons with health problems. Something that must be kept in mind when examining all the data in this report is that the results are based on cross-sectional, or one-point-in-time data. Using these data, we can not say, for instance, that a lifestyle characteristic, such as exercise, caused better health outcomes. An alternative explanation is that persons who are ill or have some physical limitation find it difficult to exercise regularly. One or the other explanation may be more plausible, but these data cannot tell us which one is correct.



## Physical Health Status Difference Scores for Persons with Six Chronic Medical Conditions: Adults Age 18 or Over, Utah, 1996

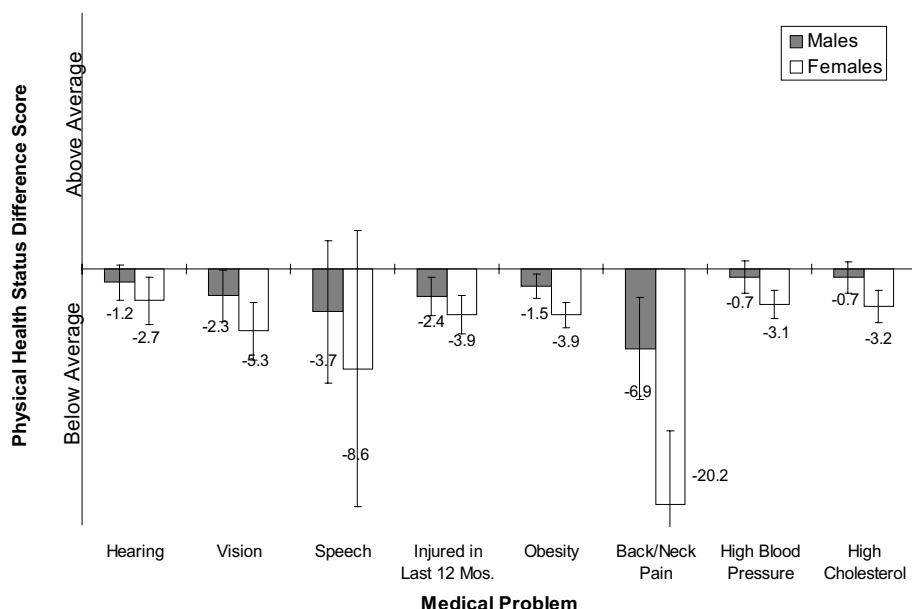


## Mental Health Status Difference Scores for Persons with Six Chronic Medical Conditions: Adults Age 18 or Over, Utah, 1996

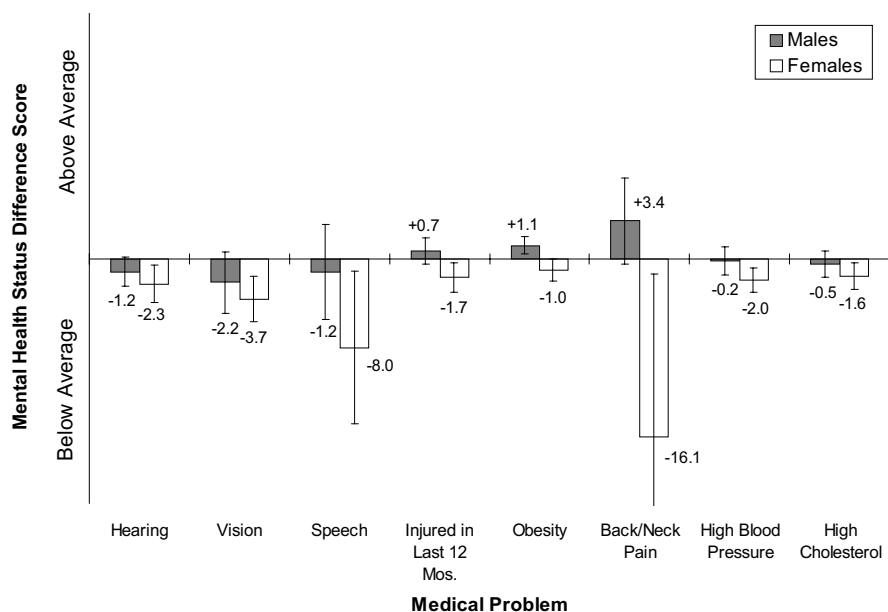


- **Chronic medical conditions, most notably chronic obstructive pulmonary disease and stroke, exerted a strong negative influence on health status, especially physical health status.**
- **Women scored lower than men, especially on the mental health summary measure.**

## Physical Health Status Difference Scores for Persons with Eight Medical Problems: Adults Age 18 or Over, Utah, 1996

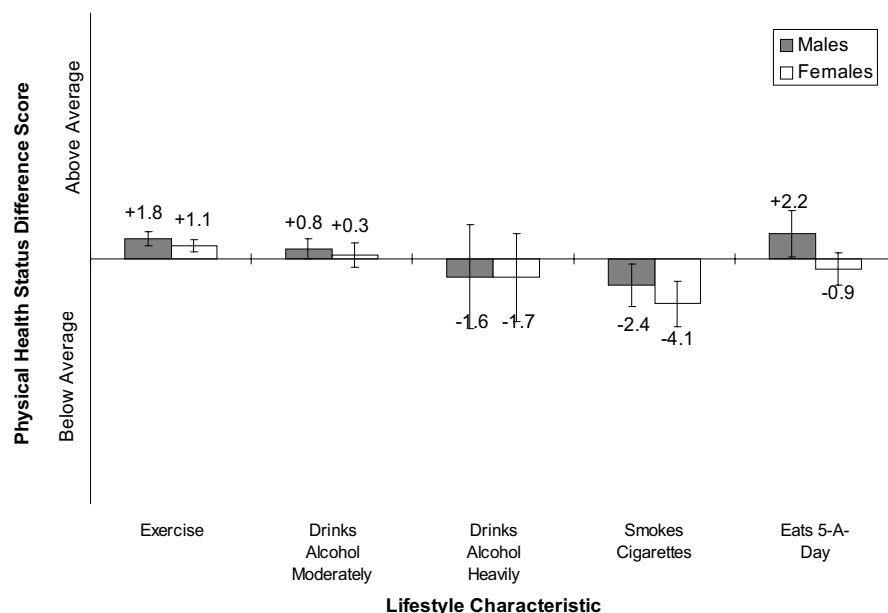


## Mental Health Status Difference Scores for Persons with Eight Medical Problems: Adults Age 18 or Over, Utah, 1996

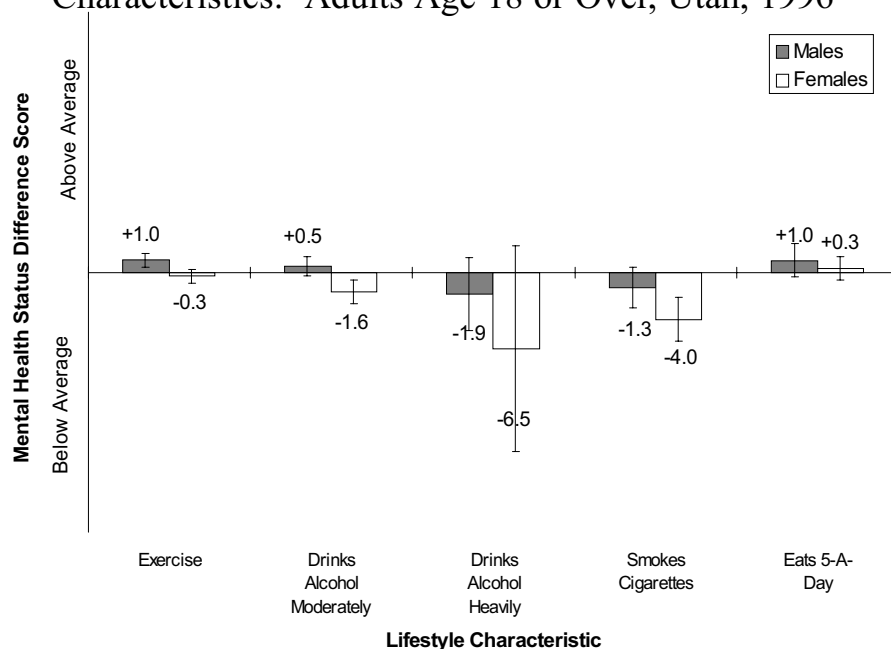


- Other medical problems were also associated with poorer physical and mental health. Persons reported here with back/neck pain are those whose usual activities are limited primarily because of back or neck pain.

## Physical Health Status Difference Scores for Persons with Four Lifestyle Characteristics: Adults Age 18 or Over, Utah, 1996



## Mental Health Status Difference Scores for Persons with Four Lifestyle Characteristics: Adults Age 18 or Over, Utah, 1996



- The five lifestyle characteristics examined were generally associated with differences in health status in the expected directions.